

County of Los Angeles Department of Mental Health

Student Professional Development Program 2017-2018 Academic Year

Complete this form for each discipline to be placed at this agency:

 Service Area
8

- | | |
|---|--|
| <input checked="" type="checkbox"/> Psychology
<input checked="" type="checkbox"/> Practicum
<input checked="" type="checkbox"/> Externshi
<input checked="" type="checkbox"/> Internship
<input type="checkbox"/> Social Work
<input type="checkbox"/> Specialization _____
<input type="checkbox"/> Macro/Admi _____ | <input type="checkbox"/> Nursing
<input type="checkbox"/> Marriage Family Therapist
<input type="checkbox"/> Occupational Therapy
<input type="checkbox"/> Other (specify): _____ |
|---|--|

DMH Agency:	Long Beach Mental Health- Adult Services
DMH Agency Address:	2600 Redondo Ave., 3 rd floor Long Beach, CA 90806
DMH Agency Liaison:	Lee M. Gomberg, Ph.D.
New or Returning:	<input type="checkbox"/> New <input checked="" type="checkbox"/> Returning
Liaison Email Address:	lgomberg@dmh.lacounty.gov ; alt: lgomberg@yahoo.com
Liaison Phone Number:	562-256-2935
Liaison Fax Number:	562-290-0074
Agency ADA accessible	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If "No" identify:

Student Requirements:

How many positions will you have?	2
Beginning and ending dates:	Sept 11, 2017 to July 31, 2018

Student Schedule: *Please indicate days and times students should be available to provide services, including mandatory staff meetings (SM), training seminars (TR), supervision (SUP), etc.*

Monday	8:30am-5pm m (8:30-12 – TR/HUCLA)
Tuesday	8:30am-5pm m (2-3:30 – DBT Team Mtg.)
Wednesday	8:30am-5pm
Thursday	8:30am-5pm m (1:10-2:10 – PEI Team Mtg.)
Friday	
Total hours expected to be worked per week:	24
Number of direct client hours per week anticipated:	
Expected average consumer caseload:	5-6
What cultural groups typically received services at your site?	Caucasian, African American, Latino, Asian, English, Spanish

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Description of Site: *(Please describe the type of Agency setting and services offered)*

Long Beach Mental Health is one of the largest and most innovative outpatient community mental health centers operated by Los Angeles County Department of Mental Health. Its mission is to provide a spectrum of mental health services to an adult population residing in the greater Long Beach area who present with mild to severe and disabling mental illnesses. Our population is quite racially, ethnically and culturally diverse, and most are socioeconomically disadvantaged. The most common diagnoses are depressive disorders, Bipolar I & II disorders, PTSD, Schizophrenia-spectrum disorders, anxiety disorders, Adjustment disorders, and cluster B personality disorders. Nearly half experience a comorbid substance-use disorder and many have health related problems. About 90% of the patients have had prior traumatic exposure. Services provided include clinical assessment, individual and group therapy, as well as crisis intervention and consultation and liaison with local community partners providing drug treatment or other ancillary services. The clinic provides a number of evidence-based practices under its Prevention and Early Intervention (PEI) Services Program for individuals early in the course of their disorder. In addition, the clinic has a formal Dialectical Behavior Therapy Treatment Program for consumers with borderline personality disorder

Target population and types of services provided: *(please check all that apply)*

- | | |
|--|--|
| <input checked="" type="checkbox"/> Individuals | <input type="checkbox"/> Psychoeducational groups (e.g. Parenting) |
| <input checked="" type="checkbox"/> Groups | <input type="checkbox"/> Community Outreach |
| <input type="checkbox"/> Families | <input checked="" type="checkbox"/> Brief treatment |
| <input type="checkbox"/> Children & Adolescents | <input type="checkbox"/> Evidence Based Practices |
| <input checked="" type="checkbox"/> Adults | <input checked="" type="checkbox"/> Crisis Intervention |
| <input type="checkbox"/> Older Adults | <input checked="" type="checkbox"/> Screening and Assessment |
| <input type="checkbox"/> Court/Probation referred | <input checked="" type="checkbox"/> Psychological Testing |
| <input checked="" type="checkbox"/> Consultation/Liaison | <input type="checkbox"/> Other (specify): |

What are the most frequent diagnostic categories of your client population?

Major Depressive Disorder, Anxiety Disorders, Anger Management Disorders, PTSD; Co-morbid current, recent or past substance use disorder(s); persisting psychotic disorders often related to prior substance misuse.

What specific (perhaps unique) training opportunities do students have at your agency?

Weekly seminar at Harbor UCLA in Advances in Cognitive Therapy (Sept-June); Dialectical Behavior Therapy (3 day training); One day training in Acceptance & Commitment Therapy; One day training in Cognitive-Behavioral Analysis System of Psychotherapy (CBASP); working collaboratively with an Addiction Psychiatry Fellow in an integrative behavioral health model for co-occurring disorders (meeting offsite at a local chemical dependency treatment center within five minute drive); ability to attend continuing education workshops offered by DMH.

What evidence based practices or theoretical orientations will students be exposed to at this site?

CBT, DBT, third-wave approaches (e.g., ACT, Mindfulness-Based Cognitive Therapy, Motivational Enhancement/Trans-theoretical Stages of Change)

Do students have the opportunity to work in a multidisciplinary team environment that includes those with lived experience?

Psychologists, Addiction Psychiatry Fellow, Staff Psychiatrists, Clinical Social Workers, Chemical Dependency Counselors, Medical Caseworkers, Service Extenders/peer specialists.

